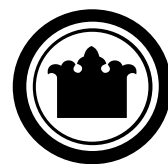


# South Central

This material is available  
in alternate formats.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 7:30 am	Lap Swim					
8 - 9 am	Water Exercise	Deep Water Exercise	Water Exercise	Deep Water Exercise	Water Exercise	
9 - 10:30 am	Swim Lessons					
10:30 - 11:30 am	Senior Swim					
11:30 - 1 pm	Lap Swim & Family Swim* *Shallow end only					
2 - 4 pm	Public Swim, \$3.70					1 - 3 pm Public Swim \$3.70
3 - 4 pm	Public Swim, \$1.85					2 - 3 pm Public Swim \$1.85
4 - 5 pm	Private Lessons					3 - 5 pm Pool Rentals Available
5 - 7 pm	Husky	Emerald City Aquatics	Husky	Emerald City Aquatics	Husky	
	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	6 - 7 pm Family Swim Shallow	*Shallow end of pool only.
7 - 8 pm	Family Swim* & Lap Swim	75¢ Swim	Family Swim* & Lap Swim	Public Swim \$1.85	7 - 9 pm Public Swim \$3.70	
8 - 9 pm	Lap Swim & Water Exercise				Public Swim \$1.85	

- Children under 6 years of age must be accompanied by an adult in the water at all times.
- Family Swims require an adult in the water directly supervising all children under 18 years of age.
- Programs may be changed, combined, or share the pool to assure maximum convenience and pool usage.



**King County Park System**

4414 S 144 Street  
Tukwila, WA 98168  
Phone: 206-296-4487  
**Relay: 1-800-833-6388**  
Fax: 206-205-8743  
www.metrokc.gov/parks

## South Central Pool

Summer Schedule  
June 18 - August 31, 2001  
\*Closing July 4 at 4 pm  
Closed Sept 1 - 3 for Labor Day

### SUMMER SWIM LESSONS

**Mornings, M - F** **Evenings M/W or T/Th**  
Jun 25 - Jul 6 Jun 25 - Jul 18\*  
Jul 9 - Jul 20 Jul 23 - Aug 16  
Jul 23 - Aug 3  
Aug 6 - Aug 17  
Aug 20 - Aug 31

Registration begins up to three months before the start of the class. See *Registration Policy*.

### ADULT LESSONS

For beginners 15 and older. Classes are held in the evenings and early mornings.

### WATER EXERCISE PROGRAMS

**Water Exercise** is a shallow water, drop-in class designed to tone muscles and increase flexibility and cardiovascular fitness.

**Deep Water Exercise** is a zero impact, high-energy workout in 12 feet of water with the aid of a "bring-your-own" flotation belt.

**Senior Water Exercise** is designed and taught by a senior. Class emphasizes range of motion, flexibility, light aerobics and FUN. Transportation is provided for interested participants living in the Tukwila area. Call Tukwila Community Center 206-768-2822.

### COMPETITIVE AQUATICS

**Husky Swim Club** is a USS competitive team for novice to experienced swimmers. Contact Coach Erin Dunn at 206-575-0808.

**Emerald City Aquatic Club (ECAC)** is a US Synchronized Swimming club for young athletes, 8 - 18. For more information, call Coach May Hoffman at 206-937-4738.

### RECREATIONAL SWIM SCHEDULE

All days, dates, and times are subject to change.

#### Lap Swimming

M - F ..... 5:45 - 7:30 am  
M - Sa ..... 11:30 - 1 pm  
M, W ..... 7 - 8 pm  
M - Th ..... 8 - 9 pm

#### Public Swimming

M - F, \$3.70 ..... 2 - 4 pm  
M - F, \$1.85 ..... 3 - 4 pm  
T, 75¢ ..... 7 - 8 pm  
Th, \$1.85 ..... 7 - 8 pm  
F, \$3.70 ..... 7 - 9 pm  
F, \$1.85 ..... 8 - 9 pm  
Sa, \$3.70 ..... 1 - 3 pm  
Sa, \$1.85 ..... 2 - 3 pm

#### SeniorSwimming

M - F ..... 10:30 - 11:30 am

#### Family Swimming (Shallow end only)

M - Sa ..... 11:30 - 1 pm  
M, W ..... 7 - 8 pm



### WATER EXERCISE

#### Shallow Water

M, W, F ..... 8 - 9 am  
M - Th ..... 8 - 9 pm

#### Deep Water

T, Th ..... 8 - 9 am